

BALANCE SCALE

How you feel about your current situation is important. It determines the energy you give to career, family, home environment, physical needs and perhaps most important the things you enjoy. To measure the degree of balance in your life, complete this exercise.

	Always	Often	Sometimes	Rarely	Never								
HOME ISSUES													
A. There are so many demands placed on me that I feel anxiety and stress	_____	_____	_____	_____	_____								
B. Responsibilities at home are so great that I feel angry at my lot in life	_____	_____	_____	_____	_____								
C. My family complains I don't spend enough time with them	_____	_____	_____	_____	_____								
D. I insist those around me live up to my expectations	_____	_____	_____	_____	_____								
CAREER ISSUES													
A. I feel guilty about devoting so much time to my career	_____	_____	_____	_____	_____								
B. I resent having to bring work home	_____	_____	_____	_____	_____								
C. Inadequate income causes me to be frustrated	_____	_____	_____	_____	_____								
D. I feel guilty when my productivity at work suffers because of home demands	_____	_____	_____	_____	_____								
LEISURE TIMES													
A. I feel cheated out of time "just for me"	_____	_____	_____	_____	_____								
B. My favorite hobby has been ignored	_____	_____	_____	_____	_____								
C. I feel guilty when I take a vacation	_____	_____	_____	_____	_____								
D. I put off getting regular exercise	_____	_____	_____	_____	_____								
Total each column:	_____	_____	_____	_____	_____								
Multiply totals by:	X5	X4	X3	X2	X1								
TOTALS:	_____	+	_____	+	_____	+	_____	+	_____	+	_____	=	_____
TOTAL													

10-20 Excellent balance, 21-30 Good balance, 31-40 Fair balance, 41-50 Poor balance

NOTE: Examine each category of issues. If you selected "always" or "often" consistently in any one category, perhaps that area needs attention to bring better balance into your life.

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